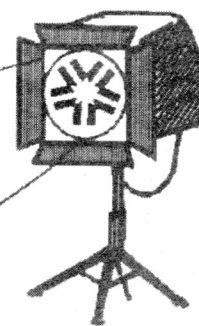


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXI, ISSUE 3

A newsletter for D.C. Seniors

March 2006

## Celebrating Older Washingtonians and 30 years of the Office on Aging

### EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

In March we celebrate Women's History Month, National Nutrition Month and National Kidney Month. We are delighted to present information for our readers that will provide additional facts on each of these observances.

Also in this issue, find out more about the grandparents' subsidy that can benefit many of you who have had to raise your grandchildren and other relatives for various reasons.

Our elders know how to raise a family with limited incomes, but Mayor Anthony A. Williams and the Council of the District of Columbia authorized D.C. Act 16-23, the Grandparent Caregivers Pilot Program Establishment Act of 2005, which provides a subsidy similar to what foster grandparents receive for caring for children. AARP was also very instrumental in proposing this pilot program. If you are eligible, make sure you begin that process by obtaining legal custody of the children that are in your care.

As part of our information sharing, we are providing an overview on our Commission on Aging. It is only fitting during Women's History Month that we give you a glimpse of the active and full lives of our Commissioners who have been appointed to the Commission on Aging.

They serve as advocates on behalf of the elderly every day, in every ward of the city. Commissioners make sure seniors in the community are aware of programs and services, bring to the Office on Aging's attention problems in the community, and advise the Mayor and the office on policies that are under consideration.

Recently, two very important senior women activists in the District of Columbia senior community transitioned: Gladys Bunker, former Commissioner on Aging, and Virgie Smith, former director of the Model Cities Senior Wellness Center.

Both women were great advocates for seniors. Gladys Bunker was very influential in the Barry Farms community

See **DIRECTOR'S MESSAGE** on page 51

GLADYS BUNKER  
Sunrise 1926 Sunset 2006



VIRGIE SMITH  
Sunrise 1920 Sunset 2005



## Grandparent Caregivers Pilot Program

Mayor Anthony Williams and the D.C. District Council are starting a new program to help older people with low incomes who are raising their grandchildren, great grandchildren, great nieces, or great nephews. The program is called the **Grandparent Caregivers Pilot Program**, and District residents who qualify may get money every month to help care for children living with them.

To be eligible for this program, you must meet **ALL** the following conditions:



■ Your grandchild, great grandchild, great niece, and/or great nephew under age 18 lives with you.

■ A court has given you legal custody or standby guardianship of the child.

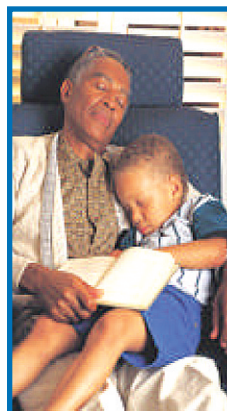
■ The child has lived with you for the past six months or more.

■ The child's parent has not lived with you in the past six months. (This doesn't count if the parent gave you standby guardianship of the child.)

■ You live in the District.

■ The total of all money coming into your household is below 200 percent of the Federal poverty level.

■ You have applied for Temporary Assistance to Needy Families (TANF) for the child.



■ All adults living in your home must submit the results for national and local criminal background checks and a Child Protection Registry check (to rule out child abuse).

Getting into the program is first-come/first-served. We'll stop taking applications when the funding runs out. You can use money from this program only to care for the child.

To apply, call 202-442-6100 and ask for an application by mail.

### Take these steps before you apply.

**1.** Make sure you have legal custody of the child. Gather records that prove you have custody. If you don't have legal custody and . . .

● You are age 60 or over, call Legal Counsel for the Elderly, 202-434-2120.

● You are under age 60, call the Children's Law Center, 202-467-4900, extension 4.

**2.** Apply for Temporary Assistance to Needy Families (TANF) for the child. Call the D.C. Department of Human Services, 202-724-5506.

**3.** Get a criminal background check of everyone age 18 or older living in your home. Get fingerprinted at the Metropolitan Police Department, Criminal Record Checks, 300 Indiana Avenue NW, Third Floor, during regular business hours. Each person must show a driver's license or other government-issued identification. Cost is \$35 per person. (The program is now working out a means for the legal custodian/guardian to be compensated for the fingerprinting costs)



For more information, call **202-442-6100** during regular business hours.

To see the law about this program, go on the Internet to...

<http://www.dccouncil.washington.dc.us/images/00001/20051215163737.pdf>



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Office on Aging Report to the People – Conclusion

## Funding for Senior Service Network during Fiscal Year 2005

## D.C. Commission On Aging Highlights

Established by D.C. Law 1-24, the D.C. Commission on Aging is a citizen's advisory group appointed by the Mayor with the advice of the D.C. Council. Members serve up to two consecutive three-year terms. Members may be reappointed after a one-year lapse.

### Commissioners:

Alethea Campbell, Ward 8 (*Vice Chairperson*)  
 Mary Gardiner Jones, Ward 2  
 Jacquelyn Arquelles, Ward 1  
 Lillie Jones, Ward 4  
 Harriett Brockington, Ward 5  
 Ruth Nadel, Ward 3  
 Elfrida Foy, Ward 7  
 Ernest Postell, Ward 6  
 Iris Harris, Ward 2  
 Brenda Williams, Ward 1

The Commission focuses on five main issue areas: Transportation; Public Safety and Security; Health, Education, and Welfare; Housing and Finance Issues; and Outreach, the development of Mini-Commissions on Aging.

Vice Chairperson Alethea Campbell and Commissioners Brenda Williams, Ernest Postell, and Lillie Jones participated as members of the Senior Citizens Police Academy, a group developed to work with the Metropolitan Police to identify potential crime sources and to be the eyes and ears of the community.

Testified before the D.C. Council Committee on Human Services, Adrian Fenty, Chairperson, on funding for the proposed Ward 1 Senior Wellness Center.

Formed a White House Conference on Aging Committee for the 2005 White House Conference on Aging.

Testified before the D.C. Council Committee on Human Services, Adrian Fenty, Chairperson, on the D.C. Office on Aging FY 2006 Budget Request.

Testified before the D.C. Council Committee on Education, Libraries and Recreation, Kathleen Patterson, Chairperson, on the therapeutic pool program.

Co-sponsored and partnered several special events, including the Annual Senior Citizens' Day, ELDERFEST, Ms. Senior D.C. Pageant, Centenarian Salute, Senior Legislative Day, and the BODYWISE 5th Annual "Walk 'Round the World."

Co-sponsored, with the United Black Fund (UBF), the Commission on Aging Calvin W. Rolark Intergenerational Poster Contest, Wilhelmina L. Rolark, UBF, Pres.



Senior Day 2005



Elderfest 2005



Citizens' Summit 2005



Queen Mother at Swaziland



Poster Contest 2005

## Public Warned about Identity Theft E-mail Scam

The Social Security Administration has received several reports of an e-mail message being circulated addressed to "Dear Social Security Number and Card Owner" and purporting to be from the Social Security Administration. The message informs the reader "that someone illegally is using your Social Security number and assuming your identity" and directs the reader to a Web site designed to look like Social Security's Internet site.

Once directed to the phony Web site, the individual is asked to confirm their identity with "Social Security and bank information." Specific information about the individual's credit card number, expiration date and PIN number is then requested.

"Whether on our online Web site or by phone, Social Security will never ask you for your credit card information or your PIN number," said Social Security Commissioner Jo Anne Barnhart.

To report receipt of the e-mail message or other suspicious activity to Social Security's Office of Inspector General (OIG), call its hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101). A public fraud reporting form is also available online at OIG's Web site [www.socialsecurity.gov/oig](http://www.socialsecurity.gov/oig).

### DIRECTOR'S MESSAGE

*Continued from page 50*

and on the Commission on Aging. Virgie Smith was director of the first senior center in this city and was instrumental in helping the center obtain a permanent home at the second wellness center in the District.

We welcome the support of the Commission on Aging, the Senior Service Network and our customers at the upcoming hearing before the Human Services Committee of the Council of the District of Columbia on March 27 at 2 p.m. in Room 412 of the John A. Wilson Building, 1350 Pennsylvania Ave., N.W.

See you there!

**Mark Your Calendar!!!**  
**The 42nd Annual Senior Citizens' Day**  
 Thursday, May 18  
 11 a.m. to 2p.m.  
 D.C. Armory  
**Call 202-724-5626 to reserve your free tickets today!**

## We're looking for Ms. Senior D.C. 2006. Maybe you know her...

She is a woman 60 years of age or older who lives in the District of Columbia  
 She inspires others with her enthusiasm  
 She is poised, charming and articulate  
 Her positive philosophy of life reflects her inner beauty  
 She is an active, vital member of her community  
 Blessed with a special talent, she defies the myths of aging



If you know her, make sure she is entered as a contestant in the **Ms. Senior D.C. 2006 Pageant**. She could represent our city in the **Ms. Senior America Pageant**. Contact the Ms. Senior D.C. Planning Committee Chairperson, Gwen Coleman, at 202-289-1510, ext. 170/171.



## D.C. OFFICE ON AGING NEWSLETTER

# Women on the Commission on Aging

During March, Women's History Month, the Office on Aging presents our women Commissioners on Aging.

**HARRIET BROCKINGTON** - a very socially and politically active senior who has served on the Commission on Aging in various capacities, including chair, for many years. She has been an advocate for seniors for many years and has been a driving force behind the agenda for the commission on aging as a leader and member.

A member of AARP, Mrs. Brockington is also very active in her neighborhood and her church community. She retired from Providence Hospital, where she worked in the lab and the pharmacy, after 20 years. Mrs. Brockington has been married nearly 63 years and has five children, three grandchildren and two great-grandchildren. At 83, she is still going strong. She bowls regularly, attends the Model Cities Senior Wellness Center and is very creative with her hands.

**JACQUELINE ARGUELLES** - retired from the Department of Defense as a management and budget analyst. Very active in the community, Ms. Arguelles is an advisory neighborhood commissioner in Ward 1, and represents her ward on the Commission on Aging. Ms. Arguelles is also active with the local branch of the National Council of Negro Women, where she served as president. Ms. Arguelles serves as a Sunday school teacher for her church and has an adult daughter.

**ALETHEA CAMPBELL** - retired after 27 years with AT & T, where she was the first recipient of a volunteer award for community service. Very active with both youth and senior citizens, she served as president of the D.C. Congress of Parents and Teachers and as chairperson of the D.C. Commission on Aging, where she is currently acting chairperson. She also served as an advisory neighborhood commissioner in her community, a member of her neighborhood citizen association as well as AARP, and president of her police district advisory council.

Mrs. Campbell served on the Mayoral Transition Team, speaking out for senior services, youth and neighborhood enrichment. Mrs. Campbell is a member of the Senior Citizens Police Academy. Very active in her church community, Mrs. Campbell served as president of her parish council and several ministries.

**ELFRIDA FOY** - retired after 35 years with the D.C. Public Schools as special education administrator. Cur-

rently, she works part time with the talent search program at U.D.C. for college or career schools. A very active member of the Commission on Aging for Ward 7, she is instrumental with the commission's annual Inter-generational Poster Contest with the school system. She works closely with the Mini-Commission on Aging in her ward. A mother of one, Ms. Foy is a member of the First Baptist Church of Deanwood, and participates in activities at the Washington Seniors Wellness Center.

**RUTH NADEL** - with two brothers, six uncles, a husband and four sons, she was destined to be an activist on women's issues. While living in California, she was elected to the Santa Barbara Board of Education in the 1960s and was the only woman among its five members.

When she returned to Washington, she began working in the Department of Labor's Women's Bureau, where she earned an award for her contribution in designing and developing the first on-site employer-supported child care center and other child care options for working families. As their dependent care specialist, she added eldercare in the 1980s.

After 21 years, she retired to become a professional volunteer — working with the Commission on Aging, the Citizens Advisory Council of IONA, and producing a weekly national legislative call-in phone line for the Older Women's League on legislative issues.

She recently received the Foremothers Award from the National Research Center for Women and Families. At 92, Ms. Nadel continues to be very active. As she remarks, "Age is just a number, and it is unlisted."

**IRIS HARRIS** - before retiring from the D.C. Public Schools, she was rated an outstanding classroom teacher. Ms. Harris works in her church as a lay person. There she has chaired many committees, worked on the finance committee, as a Sunday school teacher, worked with the youth and worked with various national committees.

Ms. Harris has served as a nursing home ombudsman and as a Commission on Aging member for Ward 7. She now serves for Ward 2. She also serves on the boards for the Anacostia Museum and Episcopal Senior Ministries. Ms. Harris enjoys spending time with her grandchildren, bowling, reading and water aerobics.

**MARY GARDINER JONES** - attorney, educator, corporate executive, consumer advocate and former Fed-

eral Trade Commissioner has specialized in legal, regulatory and consumer issues related to antitrust, mental health, aging and the use of telecommunications to promote the delivery of healthcare services and information to the home.

Very active in the mental health community, she serves as a member of the Mental Health Stakeholders Coalition. She is also a member of the Commission on Aging, the Older Women's League, the Task Force on Vital Aging of the National Council of Aging, and the Citizen's Advisory Council of Iona Senior Services.

She has authored articles in journals and anthologies on legal, consumer, privacy, healthcare and regulatory issues, and is listed in *Who's Who in American Politics*, *Who's Who in American Women* and *Two Thousand Women of Achievement in 1972*.

**BRENDA WILLIAMS** - a self-employed business owner, Ms. Williams has worked in the federal and District governments, excelling in human resources and office management. She has been appointed by several mayors in various capacities, including a health and hospital services council, the Mayor's Youth Leadership Program, the Task Force on the Historic John A. Wilson Building and, currently, on the Commission on Aging. She is a member of the Greater Washington Urban League and the advisory board of the Minority Business Coalition, and is a participant in the Senior Citizens Police Academy.

**LILLIE JONES** - After 35 years, Mrs. Jones retired as a statistician from the Department of Agriculture. An advocate for seniors in Ward 4, Mrs. Jones worked on the Ward 4 Mini-Commission on Aging for many years and served as chairperson. There she held monthly meetings bringing guest speakers and representatives from government agencies to present information that helps the seniors in her ward live out their daily lives. When there was a problem, she made sure that it was addressed. Mrs. Jones worked very closely with the lead agency in her ward to ensure that seniors were informed.

She later was appointed to the Commission on Aging, where she currently serves. She was a member of the first Senior Citizens Police Academy conducted by the police department. Mrs. Jones is a member of the Pastor's Aid and the Flower Club at her church.

## Are You at Increased Risk for Chronic Kidney Disease?

Your doctor or clinic should check to see if you have any risk factors for chronic kidney disease. These include:

- diabetes
- high blood pressure
- a family history of chronic kidney disease
- older age.

Chronic kidney disease is also more common in African Americans, Hispanic Americans, Asians, Pacific Islanders and American Indians.

**Why are African Americans and other ethnic groups at increased risk for chronic kidney disease?**

Diabetes, the leading cause of chronic kidney disease, is more common in these groups. Also, high blood pressure, the second leading cause of chronic kidney disease, appears more often in African Americans than in other ethnic groups.

Many experts believe these groups may have an inherited tendency to develop these diseases. When combined with other things, such as being overweight, this tendency may lead to disease. Staying at a normal weight and getting enough exercise is very important for members of these groups to help prevent diabetes

and high blood pressure.

**What are the symptoms?**

Most people do not have any severe symptoms until their kidney disease gets worse. However, you may:

- feel more tired
- have less energy
- have trouble thinking clearly
- have a poor appetite
- have trouble sleeping
- have dry, itchy skin
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- need to urinate more often, especially at night.

**What should you do?**

You should visit your doctor or clinic and get tested. Your checkup should include:

- Checking your blood pressure
- Having a simple test for protein in your urine. Protein is an important building block in your body. Any filtered protein is normally reabsorbed and kept

in your body. When your kidneys are damaged, however, protein leaks into your urine. There are different tests to find protein in your urine. If you have two positive tests over several weeks, you are said to have persistent protein in your urine. This is a sign of chronic kidney disease.

Have a simple blood test for creatinine, a waste product that comes from muscle activity. Your kidneys normally remove creatinine from your blood. When your kidneys are damaged, however, your blood creatinine may build to a high level. The results of your blood creatinine test should be used to estimate your glomerular filtration rate, or GFR. Your GFR tells how much kidney function you have.

The National Kidney Foundation provides a free community-based health program called the Kidney Early Evaluation Program (KEEP). This includes tests for the early detection of chronic kidney disease.

Call your local National Kidney Foundation affiliate or the national toll-free number 1-800-622-9010 to find out if this program is available in your community.

## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## March events

### 1st, 2nd, 8th, 16th, 22nd, 29th • 11 a.m.

Attend discussions titled "30 Mental Minutes on Women in History" at the Phillip T. Johnson Senior Center, 3200 S St., S.E. The event is sponsored by the United Planning Organization's Project KEEN. Participants will be asked to recall from memory events in history accomplished by women. For more information, call Robinette Livingston at 202-584-4431.

### 4th, 11th, 18th, 25th • 12:30 to 1:30 p.m.

In celebration of National Nutrition Month, the United Planning Organization's Weekend Nutrition Program will host a nutrition film festival at its office, 1649 Good Hope Rd., S.E. Nutritious snacks will also be served. For more information, call 202-610-5857 or 5900.

### 7th • 2:30 to 3:30 p.m.

IONA nutritionist Linda Smith will tell you how best to manage a diabetic diet. If you have diabetes or have been diagnosed as pre-diabetic, this discussion is for you. It will be at 4125 Albermarle St., N.W. To register, call 202-966-1055.

### 9th • 10:45 a.m.

Come to a health talk titled "Caring for your Lungs" at Emmaus Services for the Aging, 1426 9th St., N.W. To register or for more information, call Reshima Patterson at 202-745-1200.

### 10th • 11 a.m.

There will be a singles social luncheon for seniors at Emmaus Services for the Aging, 1426 9th St., N.W. Call Reshima Patterson at 202-745-1200 to register or learn more.

### 12th • 12:30 p.m.

Come to a seminar dealing with chronic kidney disease at the United Planning Organization's Weekend Nutrition Program offices, 1649 Good Hope Rd., S.E. For more information, call 202-610-5857 or 5900.

### 30th • noon

Emmaus Services for the Aging and the Washington Performing Arts Society present "A Birthday Party to Remember," featuring live musical entertainment with Cecelia Esquivel and The Cantare Performers. The program will be at 1426 9th St., N.W. To register or for more information, call Reshima Patterson at 202-745-1200.

## April events

### 5th • 6 to 7 p.m.

Come to the second part of the series titled "Keeping Seniors Engaged at Home: Montessori-Based Dementia Programming" at IONA's offices, 4125 Albemarle St., N.W. The workshop will focus on helping caregivers become familiar with activity ideas and techniques for promoting stimulating engagement in people suffering from dementia. For more information, call 202-966-1055.

### 6th • 2:30 to 4:30

Join IONA for tea and piano music on the first Thursday of every month. It's sponsored by the Citizen's Advisory Council, and is held at IONA, 4125 Albermarle St., N.W. To register, call 202-966-1055.

## Ongoing

### Tuesdays and Thursdays

Join Thrive & Jive exercise and wellness program from 10 to 10:45 a.m. every Tuesday and Thursday. Classes meet at Emmaus Services for the Aging located at 1426 9th St., N.W. To register or for more information, call Reshima Patterson at 202-745-1200.

### Weekdays

IONA Senior Services sponsors hot lunches and other programs at three D.C. locations. The sites also offer fitness classes, speakers, trips and programs during the day.

### The locations are:

Behrend Adas Senior Fellowship, 2850 Quebec St., N.W. For more information, call 202-363-7530;

St. Alban's Super Sixties, 3001 Wisconsin Ave., N.W. for more information, call 202-363-8286;

St. Mary's Court Mid-Day Program, 725 24th St., N.W. For more information, call 202-659-5645.

Join fitness and exercise classes at IONA, 4125 Albermarle St., N.W. Weekly yoga, strength training, tai chi and other classes will be offered beginning in early March. To register or learn more, call 202-966-1055.

# March is National Nutrition Month

## *The perfect time to Step Up to Nutrition and Health*

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on the importance of making informed food choices and developing sound physical activity habits.

Step up today by making healthier lifestyle choices to improve your health and the health of your family, and you'll reap the benefits for years to come. Small steps equal big rewards.

Remember these National Nutrition Month key messages to eat smart and stay physically active this month and all year long:

- The food and physical activity choices you make today — and every day — affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.

- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group — those packed with vitamins, minerals, fiber and other nutrients, but lower in calories.

- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being, and reduces the risk of chronic diseases.

- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

### Nutrition Sites

The Office on Aging funds nearly 60 nutrition sites across the city to make sure District residents 60 years of age and older have at least one nutritious hot meal each day. For those who cannot leave their homes, there is also a homebound meal program for the frail elderly. Seniors can also register for the weekend meal program.

All of these programs are available by calling the community service center, also called the lead agency, that provides senior services in your area.

### Wards 1 and 4:

Barney Neighborhood House Senior Program  
202-939-9020

### Wards 2 and 5:

Greater Washington Urban League  
202-529-8701

### Ward 3:

IONA Senior Services  
202-966-1055

### Ward 6:

United Planning Organization Senior Services  
202-547-0569

### Ward 7:

United Planning Organization Project KEEN  
202-388-4280

### Ward 8:

Greater Washington Urban League  
202-373-1860

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

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E. Veronica Pace, **Executive Director**

Darlene Nowlin, **Editor**

Adrian Reed, **Photographer**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

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